

04-08-2004

008 04.08.2004 EP0302302

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**Claims**

1. A method of navigating in a virtual three-dimensional environment comprising a hierarchically organised menu system in an electronic device (1), wherein a movable physical member (7;7';7'') for navigating in the three-dimensional environment is controlled by applying a finger (9) of a user to the movable physical member (7;7';7''), characterised in that navigating a step upwards in a hierarchy of commands in the virtual three-dimensional environment is achieved by removing the finger (9) from the movable physical member (7;7';7'') and re-applying it to the movable physical member (7;7';7'') within a set time limit.
2. A method according to claim 1, characterised in that the set time limit is below a few seconds.
3. An electronic device comprising a movable physical member (7;7';7'') for navigating in a virtual three-dimensional environment comprising a hierarchically organised menu system, said movable physical member (7;7';7'') being arranged for being controlled by a finger (9) of a user applied to a user surface (8;8';8'') of the movable physical member (7;7';7''), characterised in that the movable physical member (7;7';7'') is provided with sensing means for sensing if a finger (9) is applied to the user surface (8;8';8'') of the movable physical member (7;7';7''), said sensing means being electrically connected to a timer (15) arranged to start counting when the finger (9) is removed from the user surface (8;8';8'') of the movable physical member (7;7';7'') and to stop when the finger (9) is re-applied to the user surface (8;8';8'') of the movable physical member (7;7';7''), said electronic device being arranged to perform a step upwards in a hierarchy of commands in the virtual three-dimensional environment if the timer counting is below a set limit.
4. An electronic device according to claim 3, characterised in that the sensing means comprises an IR (infra red) diode (10) and an IR detector (11) arranged in such manner that IR light is reflected from the IR diode (10) to the IR detector (11) by the finger (9) when the finger (9) applied to or is in the proximity of the user surface (8) of the movable physical member (7).

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5. An electronic device according to claim 4, **characterised in that** the IR diode (10) and the IR detector are positioned at a base of the movable physical member (7), and that two light guides extend from the base of the movable physical member to the user surface (8) of the movable physical member (7).

6. An electronic device according to claim 3, **characterised in that** the sensing means comprises a micro switch (17) provided at the user surface (8') of the movable physical member (7'), said micro switch (17) being depressed when a finger is applied to the user surface (8') of the movable physical member (7').

7. An electronic device according to claim 3, **characterised in that** the sensing means comprises two conductive areas (18,19) at the user surface (8'') of the movable physical member (7''), said two conductive areas (18,19) being arranged to be electrically short-circuited when a finger (9) is applied to the user surface (8'').

8. An electronic device according to any one of claims 3-7, **characterised in that** the electronic device (1) is provided with a display (4) adapted to graphically display at least a part of the menu system.

9. An electronic device according to any one of claims 3-8, **characterised in that** the movable physical member (7;7';7'') is a joystick.

10. An electronic device according to any one of claims 3-9, **characterised in that** the electronic device (1) is a mobile communications device, such as a mobile telephone.

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